

Track Talk

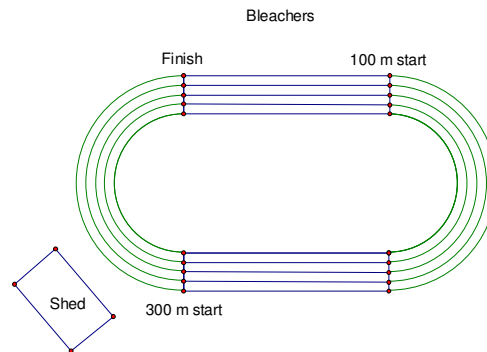
To be a competitive track runner you need to have a good grasp on your pace (the time it takes for you to go a certain distance) for certain distances around the track. Today you are going to find your pace.

Supplies needed:

- This paper
- Stop Watch
- Something hard to write on
- Pencil

Directions:

- 1) Find a partner and get the necessary supplies from your teacher.
- 2) Beginning at the starting line (see diagram) have your partner walk exactly 400 meters while you time him/her.
- 3) Beginning at the 100 meter starting line (see diagram) have your partner walk backwards exactly 100 meters while you time him/ her. Hint: you will have to walk next to your partner.
- 4) Beginning at the 300 meter starting line (see diagram) have your partner jog or run exactly 300 meters while you time him/her. Hint: you will have to walk across the field to get to the finish line.
- 5) You and your partner will switch roles and do steps 2, 3, and 4 again.



6. Fill in the time it took for the following distances:

- a. Walk 400m
- b. Walk backwards 100m
- c. Jog/Run 300m

You	Partner

Use the times you collected from the track today to answer the following questions. Use your own paper, show all your work, and make sure you justify your answer.

- 1) How long would it take you to walk 2,400 meters at the same pace as above?
- 2) How long would it take you to walk backwards 550 meters at the same pace as above?
- 3) How long would it take you to run 1000 meters at the same pace as above?
- 4) How long would it take you to walk 1000 meters at the same pace as above?
- 5) If you walk backwards for 300 seconds, how far will you have walked?
- 6) If you walk for 600 seconds, how far will you have walked?
- 7) If you run for one hour, how far will you have run? Do you think this is an accurate estimation? Why or why not?
- 8) If you train for 3 months and you increase your walking speed by 7%, your walking backwards speed by 3% and your running speed by 17%, how much faster can you now,
 - a. Run 900 meters
 - b. Walk 600 meters
 - c. Walk backwards 700 meters